

**ALTOS**

*Health is Life*

**Gastric / Acidity**



Acidity is a condition when gastric glands in the body creates more acid than needed for the process of digestion.

Acidity – also k/a acid reflux

Characterized by the heartburn around the chest

**ACIDITY**

# CAUSES OF ACIDITY

## \* **Unhealthy eating habits**

I Skipping meals, eating at irregular times, having meals just before bed, over eating, consumption of spicy food, high intake of salt, low fiber in diet.

## **Excessive consumption of certain food such as**

- I Tea, coffee & soft drinks
- II Extremely spicy food
- III Fatty foods such as pizza & fried food

**ACIDITY**

# CAUSES OF ACIDITY

- \* Stomach disorders such as ulcers
- \* Lack of sleep
- \* Lack of physical exercise
- \* Frequent consumption of alcohol & smoking

**ACIDITY**

# SYMPTOMS

- \* Burning sensation in stomach
- \* Sore throat & irritation
- \* Frequent burping & hiccups
- \* Pain in chest
- \* Post meal heaviness
- \* Nausea
- \* Constipation
- \* Indigestion
- \* Bad breathe
- \* Restlessness

**ACIDITY**

# TREATMENT

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**Tulsi Power:** To be taken in lukewarm water before food.



**Abhizyme Syrup:** 1 spoon thrice a day after meal.



**Oregel Aloe vera:** 15 ml to be taken empty stomach early morning



**Swadisht Churan:** Take 1 spoon morning & evening after food.



**Consoft Powder:** Take 1 spoon before bed if needed.

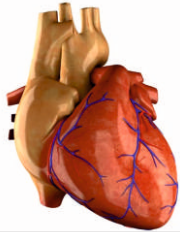


“To make Each Family Healthy & Wealthy Family”

# Heart Care



# WHAT IS HEART ?



The heart is one of the most important organs in the entire human body. Heart is located in between two lungs. It lies left of the middle of chest (circulatory system). The function of heart is to pump blood around the body. The heart is divided into four chambers which consist of two arteries is to receive blood & function of ventricles is to pump blood. a normal heart beats 72 times per minute.



# SIGN & SYMPTOMS



Chest Discomfort

Pain spread to the Arms

Person feel dizzy or light headed

Throat or Jaw pain

Snoring

Sweating

Regular cough

Irregular Heart Beat

Person feel exhausted easily

Nausea, Indigestion, Heart burn  
or Stomach pain



# CARDIOVASCULAR DISEASES

1

Heart Attack

2

Stroke

3

Coronary Heart  
Diseases

4

Arrhythmia

5

Heart failure

6

Cardiomyopathy

7

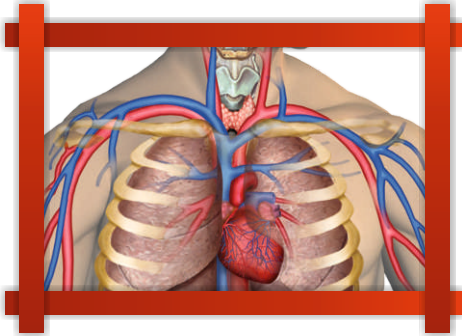
Heart valve  
problems

# HEART ATTACK



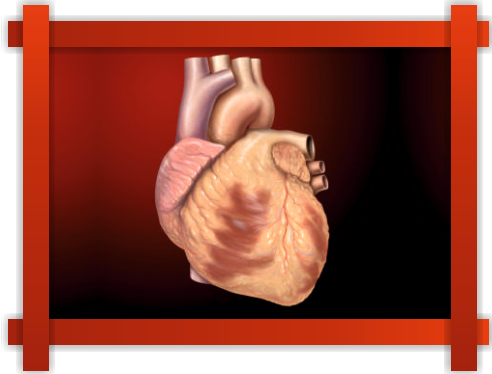
Heart attack is a serious form of heart disease. Heart attack is the reason for the loss of fat in one or more arteries leading to heart, which in turn causes blood circulation in the heart to disrupt & due to which the muscles of the heart become deficient in oxygen & if the flow of blood does not start as soon as possible, then the movement of heart muscles stops which leads to heart attack.

# CAUSE



Heart attack occurs when body's one or more than one coronary arteries become blocked or reduces or stops blood flow to the heart. Another common cause includes ARTERIOSCLEROSIS. Poor supply of Nutrients also contributes to this problem.

# RISK FACTORS RELATED TO HEART ATTACK

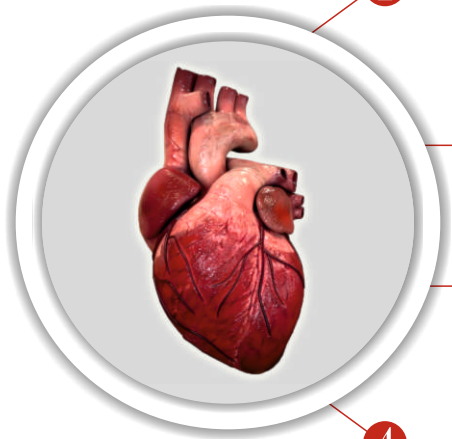


- 1 Age
- 2 Stress
- 3 Poor Diet
- 4 Physical Activity
- 5 High Blood Pressure
- 6 High cholesterol
- 7 Hyperlipidemia
- 8 Smoking
- 9 Obesity
- 10 Heredity
- 11 Excessive alcohol consumption

If Heart Diseases are not treated quickly, then the Heart Muscle. Fails to pump blood & the chances are person will Die.

So, proper medication for Heart Diseases is mandatory to avoid major problems caused due to Cardiovascular Diseases

# PREVENTION STEPS



1

Opting a Healthy food and snacks can help you avoid Heart disease & its complication be sure to eat plenty of fresh fruits & vegetables.

2

Eating foods which are low in Saturated Fats, Trans fat, Cholesterol & Fiber rich foods can help to prevent High Cholesterol Level.

3

Decreasing sodium (salt) content help to lower down Blood Pressure Level

4

By decreasing Sugar in your Diet can help you to lower down Sugar Level to control Diabetes.

# HEALTHY LIFESTYLE

**ALTOS**  
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**1** Eating a Healthy diet

Maintaining proper weight

**2**



**3** Doing regular physical activity

Limiting use of Alcohol

**4**



**5** Quitting Smoking & not using any form of Tobacco

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# SOLUTION FOR HEALTHY HEART

Product Name	Morning	Evening
Flax Oil Capsule	1 cap after food	1 cap after food
Aroplex + Capsule	1 cap after food	1 cap after food
Oregel Syrup	20 ml before food	20 ml before food
Tulsi Power	5 drops after food	5 drops after food
Garli Plus	1 cap after food	1 cap after food



# Thank You

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